



The Bulldog Bark

The Voice of Alhambra High Track & Field
Where Intensity is Not a Crime



Monday, May 10, 2021

Bulldogs In Post-Season Meets

Saturday May 8, 2021

With the DAL season complete, but with no North Coast Section or State Championships, post-season competition has been a series of quickly arranged meets to accommodate those athletes who want to continue their improvement as long as school is in session.

This weekend saw two Bulldogs do just that.

Miramonte Pole Vault Festival

Miramonte High School

A few pole vaulters from the DAL got together courtesy of the Miramonte coaches, and put on an ad hoc DAL PV "championship" competition. Vaulters from Alhambra, College Park, Las Lomas, and Miramonte got together for an afternoon of pretty good jumping.

Brian did well taking 3rd overall with a PR-equaling jump of 12-00. He had some great tries at 12-06. Now that he is "moving up" a few poles (that's vaultspeak for getting used to longer and more technically demanding poles) he is soon going to get much higher.



Brian gets inverted on his first attempt at 12-00.

Cougar Twilight Distance

El Dorado High School

At the same time, only 123 miles to the east, Renae Searls was running at El Dorado High School. Just 5 weeks from being diagnosed with severe iron ferritin deficiency, Renae continued her comeback with a strong PR 1600 meter run. Already the DAL 1600 meter champ last week as merely a freshman, Renae was in the "Rising Stars" race of younger athletes and finished 8th of 31 contestants. Her time puts her 6th All-Time on the Alhambra top-10 GFS list for this event.



Renae settles into the pack early in the race.